

Gratitude Patch Challenge



Let's welcome the season of faith and gratitude together. Faith is a strong belief in a higher power, a spirit or being that has great strength and influence on a person's life. Gratitude is the process of giving thanks or appreciation for things you already have. The act of gratitude often includes the desire to return the kindness.

Complete all the activities by December 8, 2021 to earn the patch. To purchase the patch for \$1.00 at the shop, go to <https://gsnc.wufoo.com/forms/shop-order-form/> (Please note the activities for this patch challenge are for all Girl Scout levels unless specified.)

A. Gratitude Board

A gratitude board is a vision board that's all about the people, experiences, and things in your life that make you feel grateful and appreciative.

Supplies:

- Poster paper or paper
- Scissors
- Glue
- Magazine or printed pictures
- Stickers

Steps:

1. Write down everything you are grateful for in your life. It could be tiny things like that chocolate cake at lunch, to big life choices you have made that you are thankful for. You can include the goals you want to achieve.
2. Collect your supplies to make the vision board such as magazines, paper, scissors, glue, and post or paper. Go through the mag-

azine and cut out what you want to add to your board. You can even look online and print out things you want to include as well. In your mind, visualize what you are grateful for and how you want to represent it with pictures or words.

3. Have fun creating your vision board and thinking about your life and what you are grateful for.
4. Once you are finished, you may want to share it with your family or troop. It might inspire them to create their own. After sharing, place it somewhere you can view it often.

B. Movement

Movement is a way to represent being grateful for your body. We know our bodies can do amazing things. Complete the beginner steps and/or poses for this movement exercises below.

- Yoga
- Tai Chi
- Stretching
- Walking

C. Scavenger Hunt

Think about all the things you appreciate, from your family and friends to your favorite books and places. Using the Gratitude Scavenger Hunt Chart, follow the directions and complete the chart. If you can't print out the chart, create your own.

D. Emotions and Feelings

Feelings and emotions are within everyone; some are happy and some are not so great. During the time of being grateful, let take a moment to focus on how we feel.

Daisies and Brownies:

Think about a time when you weren't feeling so great. Maybe you were sad about something confused about what someone said or happy that you did something good. Think about ten different things that you appreciate; they could be people, food, books, places, etc. With a blank piece of paper, trace out the shape of both of your hands. Once you have your "hands" on the paper, write down those ten things. When you finish keep it somewhere safe so when you aren't feeling your best you can look back at your "grateful hands" as a reminder.

Juniors and Up:

Let's get in touch with our feelings, think about a time when you weren't feelings your best. Were you sad, angry, or confused? Or a time when you were feeling good. Happy, laughing joyful. What made you feel this way? What did you do? Complete the "Identify your Feelings" sheet.

*Celebrating Spirituality and Faith

In Girl Scouting, we use the Girl Scout Promise and Law, which includes many of the principles and values common across religions. So while we are a secular organization, Girl Scouts has always encouraged girls to take spiritual journeys via their faiths' religious recognitions.

For more information regarding Girl Scouts religious awards, please go to <https://www.praypub.org/gsula>

Identify Your Feelings



Diversity,
Equity and
Inclusion

Directions: Imagine the following situations and fill in how you would feel. Ask yourself how you might feel in the situation. You can use some of the feelings listed below or if you felt a feeling that isn't listed here, fill it in.

Sad	Confused	Ashamed	Tired	Disappointed
Anxious	Lonely	Angry	Bored	Hurt
Jealous	Unsure	Annoyed	Unheard	Overwhelmed
Joyful	Glad	Cheerful	Ecstatic	Jovial
Pleased	Blissful	Delighted	Cheery	Happy

- If you wake up and find that someone has made your favorite breakfast, you would feel _____.
- If your parents promised to take you to your favorite store but they forgot, you would feel _____.
- If your team scored the last point and won the game, you would feel _____.
- If you're having a hard time getting your homework done and you still have more homework to do, you would feel _____.
- If you get an A on a test at school, you would feel _____.
- If you were trying to talk and no one is listening to you, you would feel _____.
- When you're watching a funny movie and laughing at some funny jokes, you feel _____.
- If you told your friend a secret and she told someone else, you would feel _____.
- If you got to visit one of your favorite places with your friends and family, you would feel _____.
- If you always do what your friends want to do but they don't listen to any of your suggestions, you would feel _____.

We know what bad feelings feel like and what good feelings feel like. Think about what you can do next time you're not feeling well to feel better. Would taking deep breaths help? Going for a walk? Journaling? Exercising? Watching a funny movie?

Gratitude Scavenger Hunt



Directions: Find the things listed in the chart below. Either write down or draw a picture to represent what you found.

Find something that you enjoy looking at.	Find something that tastes good.	Find something that is unique to you.	Find something that reminds you of the people you love.
Find something that is useful to you.	Find something that smells amazing.	Find something that makes you laugh.	Find your favorite thing to play inside.
Find something that is your favorite color.	Discover something new.	Find something in the night that you enjoy.	Find your favorite thing to play with outside.
Find something you know someone else would enjoy.	Find something that makes you feel safe.	Find something you enjoy in the morning.	Find a place that you love.
Find something that makes you happy.	Find something that makes a beautiful sound.	Find a pet or person in your home that you enjoy spending time with.	Find something that you enjoy touching or feeling.
Find something outside that you enjoy looking at.	Find someone you are grateful for.	Find your favorite place to spend time alone.	Find your favorite thing to read.